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Tuesday, April 3, 2012



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SEVEN DEAD

PAGE 5

An Oakland police officer walks outside of Oikos University in Oakland, Calif., Monday. A suspect was detained Monday in a shooting attack at a California Christian university that sources said has left seven people dead.

NOAH BERGER/THE ASSOCIATED PRESS

Slaughter of animals at GuZoo doubles

Dispute. Date up in the air for hearing on fate of controversial Alberta roadside attraction



JEREMY NOLAIS

jeremy.nola@metronews.ca

Gates have reopened for the season at a controversial Alberta roadside zoo, but the owner said restrictions have forced him to kill dozens of

his beloved animals and feed them to the others.

GuZoo owner Lynn Gustafson said he's sacrificed everything from baby calves to goats and whitetail deer in an effort to provide nourishment for roughly 500 animals in captivity — including a lion, tigers and monkeys.

Previously, the zoo near Three Hills relied on purchasing animal carcasses and feed from nearby farms. However, restrictions put on the private business by the province last June in the face of public outcry prohibit Gustafson from

purchasing or selling animals without consent — a process he describes as tedious.

"We have done at least double," he said of the killings Monday. "They have basically left me with no choice."

A judicial review scheduled for January to determine the zoo's fate was cancelled and government officials could not provide a rationale for the court hold up Monday.

"There are grounds to close the zoo, the province is dragging its feet," said Julie Woodyer with Zoocheck Canada.

Cutting cost of losing

Senator Patrick Brazeau submits to haircut after losing charity boxing match to MP Justin Trudeau

PAGE 6

American Pie chart

Use our handy cast guide to catch up on what everyone was up to before getting back together for American Reunion PAGE 10

Eat your chocolate

New study shows chocolate is a healthy treat that can help to boost metabolism and burn calories

PAGE 13

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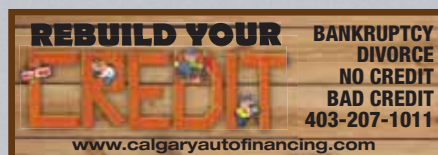


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Survey

Surprises in your school fees bill?

Parents could face a drastically different school fees bill this fall, but it's unclear whether the majority will pay more or less.

Feedback gathered from more than 4,000 Calgarians through an online survey and in-person discussions found a majority of parents support having users pay for both busing and lunch-hour supervision.

Currently, parents who fork out between \$295-335 dollars annually for their child to ride the school bus are not required to pay an additional \$295 fee for noon supervision.

"(Parents) are saying, 'If I have made the choice to leave my kids at school for lunch then, yes, it's fair I pay a little bit extra,'" said Philip Coppard with Stormy Lake Consulting, who steered a review of Calgary Board of Education fees.

CBE spokesperson Richard Peter said families who do not require busing may actually pay less because costs would be spread out to nearly all public-school families — the survey found 90 per cent of students stay at school for lunch.

Administrators plan to bring forward fee scenarios based on the feedback for deliberation by elected trustees April 17.

The possibility of lumping a noon-hour supervision charge onto her bill alarmed Stephanie Aleksuk, a mother of three who saw her fees rise more than 200 per cent last September. "It's beyond ridiculous how expensive it is to send kids to school nowadays," she said.

JEREMY NOLAIS/METRO

Bump, bump. Runaway driver sought as RCMP tell tale of two collisions

RCMP in Beiseker stopped a Ford F-350 truck for speeding through Irricana on Sunday, police say.

But the truck reversed into the RCMP vehicle. The driver tried to flee in the truck. It was followed by the RCMP and stopped again. And again it reversed into the RCMP vehicle, police say.

An officer was treated for minor injuries in a Calgary hospital. The truck drove off.

METRO



RCMP say Tyler Darren Leeder is a person of interest. COURTESY RCMP

Zoo on alert. Momma tiger with a history gives birth to three new cubs

Officials at the Calgary Zoo say the mother of three newborn tiger cubs is being attentive but will continue to be monitored.

Katja, a female tiger at the zoo, gave birth Friday for the third time in under two years.

Up to this point, her past cubs have not survived.

Zoo spokesperson Laurie Skene said Monday afternoon Katja is spending almost all her time with the newborns.

"All three cubs are nursing and from our observations of them (using the den box camera) all appear to be doing well," said Skene.

"It is still early days and we are monitoring them closely. But so far, so good."

The sex of the cubs is not yet known. They will remain in the den with their mother for roughly three months before they will be ready to venture out.

METRO

Promises, promises ... parties have a field day

Week 2. Party leaders come out blazing with new round of vows for the Alberta electorate

Make your choice

Get set to vote: The provincial election is on April 23.

It was a day of promises on the Alberta provincial election campaign trail, with nearly all parties tossing up haymakers at the start of the second week on the hustings.

Premier Alison Redford prescribed a network of family-care clinics to cure some of Alberta's health-care ills Monday.

Redford said she would establish 140 family-care clinics across Alberta over the next three years. Each would have a team of physicians, nurses, mental-health counsellors, dieticians and other experts.

Party Leader Danielle Smith said a Wildrose government would pay directly to citizens 20 per cent of all budget surpluses generated by oil and natural-gas

revenues. "We all own the resources and we all deserve to have a share in that wealth," Smith said.

Alberta's Liberal Party Leader Raj Sherman said his party would immediately reduce post-secondary tuition by \$250 a year and that tuition would then be phased out until it's gone by 2025.

Alberta's NDP Leader Brian Mason said they have a "win-win" proposition to get more bitumen upgraded inside provincial boundaries by rejigging royalties to give oil companies a break if they upgrade in Alberta.

Mason says even with that break the money will come back fourfold to provincial coffers through job creation.

THE CANADIAN PRESS



Wildrose Leader Danielle Smith makes a campaign stop near Cremona, where she promised oil-revenue dividends for voters. JEFF MCINTOSH/THE CANADIAN PRESS

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NEWS

On the web

Sensational progress

The recipient of the U.S.'s first full-face transplant says he can feel his daughter's kisses now, a year after the procedure. Dallas Wiens was blinded and severely burned after touching a high-voltage power line in 2008. Watch at metronews.ca

Senseless violence

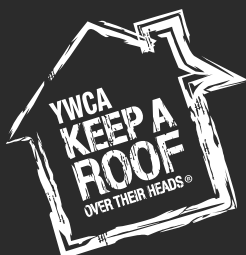
A gunman left horrific scenes in the wake of his rampage on Monday at a Christian university in California. Watch at metronews.ca

Mobile news



Coming for the Olympics with money to spend? Then there's still time to ensure you can take tea at The Ritz, drink at the Savoy's American bar or sleep in an Art Deco room at Claridge's. Scan code for the story.

For some women in this city the choice between a roof and putting food on the table is a reality.



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Jurors view site where Stafford's body found

Michael Rafferty trial. Remote crime scene was well out of anyone's earshot

Standing in the spot where Victoria Stafford was allegedly raped and killed, there is little except trees and open fields as far as the eye can see — a few silos in the distance and the closest house well out of earshot.

Jurors deciding the case of a man accused of killing the eight-year-old girl saw for themselves Monday the isolation of where Tori's battered body would be left buried for months under rocks beneath an evergreen tree 132 kilometres from her home.

What jurors saw was not evidence, but it was hoped the visit would give them a better understanding of the evidence, Ontario Superior Court Justice Thomas Heeney told them last week.

Yellow markers from let-

ters A to H were placed at various points around the site, from the entrance of the laneway to the top about 300 metres away where Tori's remains were found.

The Grade 3 student was abducted outside her school in Woodstock, Ont., on April 8, 2009, and driven north to the rural area just southeast of Mount Forest, Ont.

Terri-Lynne McClintic, 21, who is serving a life sentence after pleading guilty to first-degree murder, has admitted luring Tori with the promise of seeing a dog.

McClintic says she did so at the urging of then-boyfriend Michael Rafferty, who she says raped the girl in the secluded spot.

McClintic had previously told police Rafferty then killed Tori with a hammer, but now says it was her.

Rafferty, 31, has pleaded not guilty to first-degree murder, sexual assault causing bodily harm and kidnapping.

THE CANADIAN PRESS



Members of the media visit the crime scene. Markers had been placed to guide the jury's visit. GEOFF ROBINS/THE CANADIAN PRESS



As winner of their charity boxing match, Liberal MP Justin Trudeau trims Conservative Senator Patrick Brazeau's ponytail in the foyer of the House of Commons Monday. For more see metronews.ca/features ADRIAN WYLD/THE CANADIAN PRESS

Trudeau celebrates latest victory over a Tory rival

A Conservative senator is sporting a new hairdo after losing a charity boxing match to Liberal MP Justin Trudeau.

As part of a bet, Patrick Brazeau had his long hair lopped off today in the foyer of the House of Commons.

He also must wear a Liberal hockey jersey with Trudeau's name on the back for the rest of the week.

Stylist Stefania Capovilla says she cut off eight or nine inches of Brazeau's hair.

Underdog Trudeau beat

odds-on favourite Brazeau on Saturday night when the referee stopped the bout in the third round.

The Liberal MP and Conservative senator were fighting to raise money for cancer research. THE CANADIAN PRESS

Leaders summit

Canada waits for invitation to join Pacific Rim group

Canada may have to give up its protectionist marketing boards if it wants to join a new free-trade group of Pacific Rim countries, U.S. President Barack Obama suggested Monday.

Prime Minister Stephen Harper got another expression of interest in a meeting with Obama in Washington, but hasn't yet received a formal invitation to join the Trans-Pacific Partnership.

THE CANADIAN PRESS

Unknown condition

Minister Toews in hospital

Public Safety Minister Vic Toews has been taken to hospital in Ottawa.

It's not clear what condition he is suffering from.

A spokesman for Toews says the minister has been battling a seasonal flu for the last few weeks.

THE CANADIAN PRESS



Oakland police work after a school shooting at Oikos University in Oakland, Calif., Monday. A gunman opened fire at the university, killing seven people. NOAH BERGER/THE ASSOCIATED PRESS

Deadly shooting brings scenes of horror to school

Suspect. Gunman identified as 43-year-old Oakland man

A gunman opened fire Monday at a small Christian university in California, killing at least seven people, wounding three more and setting off an intense, chaotic manhunt that ended with his capture at a nearby shopping centre, authorities said.

Police Chief Howard Jordan said Monday that One L. Goh is in custody after surrendering at a shopping centre about an hour after the shooting at Oikos University

Gunfire

"She was running. She was crying; she was bleeding, it was wrong."

Paul Singh, brother of victim

on Monday morning.

Authorities say he was a former student at the Christian school.

The gunfire erupted around midmorning at Oikos University.

Heavily armed officers swarmed the school in a large industrial park near the Oakland airport and, for at least an hour, believed the gunman

could still be inside.

Art Richards said he was driving by the university on his way to pick up a friend when he spotted a woman hiding in the bushes and pulled over. When he approached her, she said, "I'm shot" and showed him her arm.

"She had a piece of her arm hanging out," Richards said, noting that she was wounded near the elbow.

As police arrived, Richards said he heard 10 gunshots coming from inside the building. The female victim told him that she saw the gunman shoot one person point-blank in the chest and one in the head.

THE ASSOCIATED PRESS

Sentencing. Court orders bin Laden's three widows and daughters to prison

A Pakistani court sentenced Osama bin Laden's three widows and two of his daughters to 45 days in prison on Monday for illegally living in the country, ordering them deported when the sentence ends, their lawyer said.

With credit for time served, the women and several of their other children will leave Pakistan later this month, said lawyer Mohammed Amir Khalil. They have been in detention since American commandos killed bin Laden in a large house in the Pakistani town of Abbottabad on May 2, but they were formally charged with immigration offences only last month. THE ASSOCIATED PRESS



Afghan refugees gather outside the house in Haripur, Pakistan, that Pakistan's intelligence agency believes Osama bin Laden lived in.

ANJUM NAVEED/THE ASSOCIATED PRESS

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China	1 ⁹ ¢	Lebanon	7 ⁹ ¢	Sri Lanka	9 ⁹ ¢
Colombia	3 ⁹ ¢	Mexico	1 ⁹ ¢	Trinidad	4 ⁹ ¢
Cuba	89 ⁹ ¢	Pakistan	5 ⁹ ¢	U.A.E	14 ⁹ ¢
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Tuesday, April 3, 2012

Market Minute



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OIL

\$105.23 US (+\$2.21)



GOLD

\$1,679.70 US (\$7.80)

Natural gas: \$2.15 US (+2.6¢)
Dow Jones: 13,264.49 (+52.45)

Data breach

Visa drops Global Payments from approved list

As many as 1.5 million credit cards in North America were compromised by a data breach last month at Global Payments Inc.

Visa has since dropped Global Payments from its list of approved third-party companies that process credit card payments between retailers and banks. **THE ASSOCIATED PRESS**

Social networking

Now even the president is on Pinterest

U.S. President Barack Obama has joined Pinterest, the popular online message board, where users organize and share things they love. His account has a variety of postings about himself and his family, including the family's favourite chili recipe as well as his varied public appearances and activities. **TORSTAR NEWS SERVICE**

Economy needs firms to look to emerging markets: Carney

Global trade. Bank of Canada governor issues sternest warning to date about the country's lagging export record

Canada's economy is underperforming because firms have failed to take advantage of turbo-speed growth in emerging markets, says Mark Carney, citing the worst post-slump trade performance in six decades.

In a speech prepared for a Kitchener-Waterloo business audience Monday, the Bank of Canada governor characterized the country's export record since 2000 as a dismal failure.

It is the worst post-recession record of any recovery since the Second World War, he said, adding that aside from the United Kingdom, it is currently the worst in the G20 club of major economic nations.



Bank of Canada Governor Mark Carney. FRANK GUNN/THE CANADIAN PRESS

Carney wants Canadian businesses to turn their attention away from traditional markets like the U.S. and focus on booming economies in Asia.

"Exports have not regained their pre-crisis peak, and in fact remain below their level of a decade ago," he said.

Referring to Canada's current economy, Carney had

Business boost

"This was essentially a pep talk for business."

Economist Michael Gregory,
BMO Capital Markets

relatively positive things to say. With Europe's debt problems improving and as the United States' recovery picks up steam, the headwinds that have held back Canada's economy are abating.

For the economy to expand in the future, it must ramp up on exports, and businesses must become more innovative and invest in machinery and equipment, he said.

Carney has pounded the drum for Canadian firms to invest and broaden their horizons beyond the safe and close U.S. market for years.

Monday's speech was different in that he was the most detailed in amassing his evidence and most assertive in recommending a course of action.

THE CANADIAN PRESS

Labour. Machinists union heading to court

The union representing Air Canada's mechanics, electricians and ramp crews says it has launched a constitutional challenge to the government's back-to-work legislation used to prevent a strike at the country's biggest airline.

The International Association of Machinists and Aerospace Workers said Monday the union will take the government to court over the measure known as Bill C-33 used to prevent some 8,300 of IAMAW members from striking on Mar. 12.

The challenge by the Machinists follows a similar filing by the union representing

the company's pilots, who filed suit in Ontario Superior Court last month.

Both groups, which together represent more than 11,000 airline employees, are the last group of workers without updated collective agreements.

The pilots said the law that forces them to fly and accept a contract imposed by arbitration is contrary to Canada's Charter of Rights and Freedoms.

The Machinists union said the move has now thrust it into an arbitration process it calls biased, removing its Charter right to free association.

THE CANADIAN PRESS

Lawsuit

U.S. accuses RBC of sham trading

Royal Bank is defending itself against what it calls "absurd" allegations from U.S. regulators that it engaged in hundreds of millions of dollars in sham futures trades to reap tax benefits on its holdings of company stocks.

The Commodity Futures Trading Commission lawsuit filed Monday says Royal also concealed the true nature of the trades and made false statements to a futures trading exchange.

Royal Bank denies the allegations of so-called "wash trading."

THE CANADIAN PRESS

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JUNK FOOD: A CURE FOR THE COMMON CRAVING



SHE SAYS...
Jessica Napier
metronews.ca/shesays

Last week I was terribly sick in the sore-throat, runny-nose, end-of-days kind of way that everyone experiences during this awful, not-quite-winter, not-quite-spring time of year.

According to common cold logic, being sick gives you licence to do things you wouldn't usually do. I spent my recovery period watching bad romantic comedies and eating junk food. Yes, instead of loading up on oranges and soothing chicken noodle soup I found myself shame-eating instant mac and cheese alone in bed. I'm not proud of it people.

Ninety per cent of the time I worship at the altar of kale salads and cauliflower pizza crust, but when my immune system is down I turn to comfort food. While it makes me feel better in the very immediate short term, flu-related bingeing almost always results in a trans-fat induced spiral of regret.

Eat like our ancestors

One of the latest food fads, the Paleo Diet, has modern men and women mimicking the presumed dietary patterns of ancient cave-dwelling hominids.

in the March 2012 edition of Really Obvious Facts, ahem, I mean, the journal of Public Health Nutrition. The research revealed that individuals who consume fast food on a regular basis are 51 per cent more likely to develop depression symptoms, compared to those who eat little or none. We can assume the appendix of the study was titled DUH!

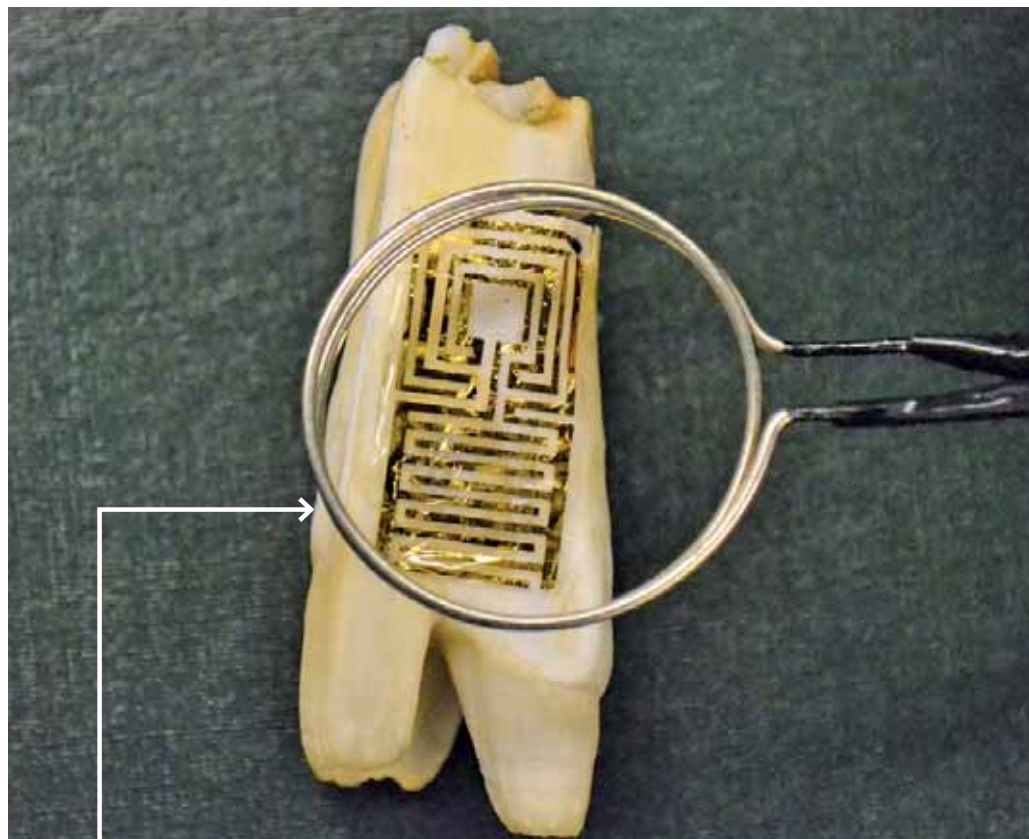
But even though we know better (pink slime anyone?) why do we give in to these unwholesome cravings? It seems that junk food is the culinary equivalent of a Real Housewives franchise: highly processed but surprisingly satisfying.

Sometimes the difficult part isn't knowing what not to eat, but what we actually should be eating. Every week there is a new cancer-causing food group to avoid. Beware, the evils of gluten, renounce your love of dairy, forget the farmed salmon, cut back on raw vegetables ... begin to live in fear of all edibles!

One of the latest food fads, the Paleo Diet, has modern men and women mimicking the presumed dietary patterns of ancient cave-dwelling hominids. Cave-person dieters are limited to Stone Age staples such as fish, root vegetables and nuts while eliminating hunter-gatherer foods such as dairy products, grains, legumes, sugar, salt and basically anything delicious. Personally I prefer to subscribe to the low-maintenance doctrine of "everything in moderation."

Some of the best food-related advice I ever received was this: when you're at the grocery store, shop around the perimeter. Here you'll find fresh fruits and vegetables, lean protein, whole grains — basically the entire rainbow of items featured on Canada's Food Guide. What you won't find: brownies, frozen pizza (in deep dish, pop or pocket form), and yes, sadly instant mac and cheese.

This tooth fights an ache



MCALPINE RESEARCH GROUP/PRINCETON UNIVERSITY

Tonsil detection

Tooth tattoo detects illness

PRINCETON, N.J. We've all heard about having a sweet tooth, but scientists now claim that in a few years from now we could have a disease-detecting tooth working inside our mouths. Michael McAlpine and his team at Princeton have developed a "tooth tattoo" that can sense bacteria in people's breath. **METRO**

60 seconds



Michael McAlpine

Detecting cancer

How does this device work?

It's made from graphene, a one-atom-thick layer of carbon that's an excellent conductor. After a student breathed on the tooth we used in the experiment, the molecules interacted with the graphene's sensors and gave an electronic, computer reading.

Any potential benefits?

It'll be able to detect *H. pylori*, a bacterium that causes stom-

ach ulcers and cancer. Plus, it also heralds in a new way of detecting diseases.

When do you plan to put this device on the market?

We think in five years' time.

And you think people will put it on their front teeth?

It can be made small to fit on back teeth but could double up as a trendy-looking "tooth tattoo." **ANTHONY JOHNSTON/METRO**



With so much information circulating about what is healthy and what isn't, sometimes you have to go with your gut instinct.

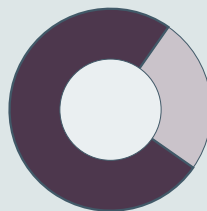
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NUISANCE



25%
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Twitter

@pieterboekhoff: #yyc #terribledrivers Are all your signal lights broken?! Some of us use those as indicators of whether you're changing lanes or turning!!

@kweb79: Dear #yyc, can we plz stop stabbing and shooting each other?? I'm tired of the phone calls from my mother. Lol.

@KSphotobug: Also, did I miss the memo that

red lights became yield signs when turning right & NOBODY HAS TO BLOODY WELL STOP ANYMORE!!!! #yyc

@eWomenYYCEast: It's a happy, sunshiny kind of day in #YYC!

@ThePetShop: First flowers of spring this past Saturday, some yellow crocuses in the backyard, rhubarb & horseradish also up #yyc #Calgary

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SCENE

Scene in brief

Sheen gets pranked

How about a sequel to *The Artist* starring Charlie Sheen? The actor says he wouldn't hesitate for one minute if the project was proposed to him. At least, that's what he told a Montreal radio personality who was pretending to be the film's award-winning actor Jean Dujardin. The notorious comedy duo known as the Masked Avengers called up Sheen two weeks after the Oscars and asked him if he would like to be in a sequel. The actor congratulated "Dujardin" on his Oscar win and said he'd love to work with him. The Montreal pranksters have engaged in stunts involving Bill Gates, Britney Spears, Paul McCartney and, perhaps most famously, Sarah Palin during the 2008 U.S. election.

THE CANADIAN PRESS

On the web



Trailer from *Sparkle*, the late Whitney Houston's upcoming film, debuts on Today show

It's time to play catch-up

Like any high school reunion, getting the *American Pie* cast back together for *American Reunion* leads to the obvious questions about what they've all been up to. Here's an update:

NED EHRBAR

Metro World News in Hollywood



**Jason Biggs
(Jim)**

After films like *Saving Silverman* and *Loser*, Biggs has been focusing on TV. He is currently voicing Leonardo on Nickelodeon's new *Teenage Mutant Ninja Turtles* series.



**Alyson Hannigan
(Michelle)**

She's come a long way since 'this one time at band camp.' The biggest success of the bunch, Hannigan has been starring on *How I Met Your Mother* since 2005.



**Seann William Scott
(Stifler)**

After a string of strong comedy films like *Dude, Where's My Car?*, the *Rundown* and *Role Models*, he completed a stint in rehab prior to filming *American Reunion*.



**Thomas Ian Nicholas
(Kevin)**

A child star before *American Pie*, Nicholas has shifted his focus to music — and even has a song on the *American Reunion* soundtrack.



**Chris Klein
(Oz)**

After a pair of DUI-related arrests and a stint in rehab, Klein is mounting a comeback, starting with a recurring role on the FX series *Willard*.



**Eddie Kaye Thomas
(Finch)**

Thomas has worked steadily on screen and stage in smaller projects, with recurring roles in the *Harold and Kumar* franchise and the *American Dad* animated series.



**Tara Reid
(Vicky)**

After a rocky decade filled with critical career bombs, reality TV meltdowns and problematic plastic surgery, Reid appeared on *Celebrity Big Brother UK* last year.



**Mena Suvari
(Heather)**

Suvari made waves with *American Pie* and *American Beauty* in the same year. Recently she has popped up on *American Horror Story*.



**Natasha Lyonne
(Jessica)**

Went through numerous drug-related hospitalizations, arrests and rehab stints, now getting back to work with *American Reunion* and Abel Ferrara's 4:44 *Last Day on Earth*.



**John Cho
(John, party guy)**

Cho launched a catchphrase and a successful career off one key scene in *American Pie*, and went on to star in franchises like *Harold & Kumar* and *Star Trek*.

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I award you no points: Sandler sweeps the Razzies



Adam Sandler ALL PHOTOS GETTY IMAGES

Adam Sandler has a new record, but it's probably not one he wants to brag about. The actor's gender-bender comedy Jack and Jill — in which he played male and female twins — earned 10 of the 12 Razzies for which it was nominated over the weekend.

The Razzies — or Golden Raspberries — cele-

brate the worst in film each year.

"It's not really a clean sweep," Razzies founder John Wilson tells People magazine. "So it will go into the record books with an asterisk."

The previous record-holder for most wins was Lindsay Lohan's 2006 film I Know Who Killed Me.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

More children, less money, way more problems



THE WORD
Dorothy Robinson
scene@metronews.ca



Nadya Suleman

Well, after years of squawking about how the Octomom is going to be a welfare mother, it looks like all of our ts-k-tsking is going to come true. Nadya Suleman, mom to 14, is now on welfare — and is receiving death threats because of it.

She tells TMZ.com, the \$2,000 a month she gets from the State of California in food stamps is to avoid "becoming totally destitute."

According to TMZ, since

the welfare news broke, she's been receiving death threats but she feels people should be directing their anger toward those "who are abusing the system and not at her."

What about stupid people who abuse fertility drugs to have way more children they — and society — can't possibly support in a misguided attempt at fame?

Where do we direct that anger toward?

Ashton Kutcher as Jobs? How do you like them Apples?

Two and a Half Men star Ashton Kutcher knows how he's spending his summer vacation: playing tech guru Steve Jobs in a film about the life of the late Apple mogul, according to Variety.

The film, to be directed

by Joshua Michael Stern, will follow Jobs' rise to power. Of course, there's some competition, as Sony Pictures is developing a rival Jobs biopic, though there's no word on who will play the computer pioneer in that film.

Twitter



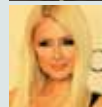
@ElizabethBanks

Autocorrect just changed Thurs to Thugs three times. I forgot Thugs was a word. Probably because it's not 1956.



@edgarwright

A simple internet rule is this: don't get your news from film sites that either don't watch films or seem to hate them all equally.



@ParisHilton

In bed trying to figure out which movie to watch. Deciding between The Tree of Life, Horrible Bosses, The Grey & Tangled. Thoughts?



@AlbertBrooks

Have a pretty funny joke about Lincoln but I think it's too soon.

Stork brings Bruce Willis one more baby girl



Bruce Willis

Bruce Willis and Emma Heming welcomed a baby girl, Mabel Ray, over the weekend, according to Entertainment Tonight. The new parents are "overjoyed" about the arrival, according to their reps.

Mabel weighed in at nine pounds, one ounce. This is the first child for the couple, who tied the knot in 2009. Willis has three daughters with ex-wife Demi Moore.



Ashton Kutcher

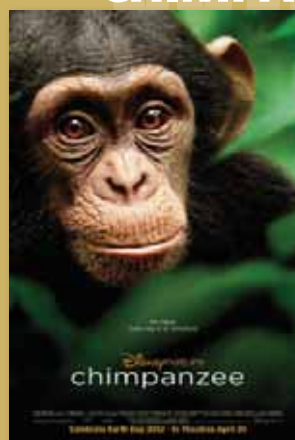
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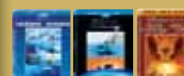
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LIFE

Living well

Surviving without food or water?

Humans can survive 30 to 40 days without food, providing they are properly hydrated. On the other hand, surviving that long without water is virtually impossible. Besides oxygen, it's the most important nutrient for the body. Expect to last between two to 10 days without it.

METRO WORLD NEWS

On the Web



Foul smelling urine in young kids may be sign of urinary infection: study

Learning archery goes a long way for one hungry actress

Olympic archer Khatuna Lorig trained Hunger Games star Jennifer Lawrence.

She tells Metro how she transformed the actress into an archer

ROMINA MCGUINNESS
wellness@metronews.ca

Shooting a bow and arrow isn't as easy as it looks in *The Hunger Games*. Without steady poise, physical strength and mental focus, it's unlikely you'll hit a target, much less a genetically mutated beastie. Just ask star Jennifer Lawrence, who had to practice so much, she ended up carrying the equipment around in her car.

In order to look and shoot like a professional archer, Lawrence trained with Khatuna Lorig one hour a day, for 15 days. Lorig's first tip: An archer needs to be standing correctly. Holding a bow with a bad posture could cause unnecessary injuries.

"If you're standing correctly you will have less pain and more pleasure," says Lorig. This is how it's done.

The Alignment Drill

How does the body need to be aligned as you shoot?

"First, make sure your shoulders are lined up. From here, hold your bow in your hand and stand perpendicular to your target. Get into position by making a 'T' shape with your arms; open them up bending one arm to your face, touching your chin and using the other arm, your 'bow arm' to aim at the target," explains Lorig.

The advantage of being long and lean

Lawrence has the perfect body for archery. She's tall (around 5-8) with long arms and a long neck.



Jennifer Lawrence had to train for months to become a decent archer for *The Hunger Games* movie. HANDOUT

"Long limbs are perfect for archery as it's easier to get into the alignment drill," adds Lorig. Once Lawrence could handle the bow with ease, Lorig wanted her technique to look natural. Moving on from the static alignment drill, she got her to shoot from longer distances and from a crouching position, with one knee down on the ground — a move she would be required to master on set.

Arm strength

Although Lorig admits her only exercise is archery, she doesn't dismiss the benefit of arm strength when it comes to improving technique.

Quote

"The moment you throw the bow back, you need to block everything else out. Isolate all the noises around you and try and stay focused on your technique."

Olympic Archer Khatuna Lorig

"Arm strength is very important for an archer. Jennifer trained with a 15-pound wooden bow — and the one she uses in the movie was probably lighter than that

— but professional archers can hold up 45- to 50-pound bows," explains Lorig.

Adding press ups or light weight lifting to your exercise routine will help build arm strength, allowing you to keep a tighter grip on your bow, which in turn will precise your aiming skills.

Mental focus is crucial when you are aiming

"The moment you throw the bow back, you need to block everything else out. Isolate all the noises around you and try and stay focused on your technique, keeping your mind as sharp as you can," ex-

plains Lorig.

How can you get perfect aim?

According to Lorig, there's no trick to having the perfect aim. "The trick is training all day, every day and shooting about 400 to 500 arrows each time. Without practice, there's no way you'll make the perfect shot."

On a scale of one to 10, how does Lorig rate Lawrence's archery skills?

"I would give her a seven or eight out of 10. Her performance in the movie was very good considering."

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Chocolate can be healthy: Study

Sweet treat shown to have health benefits.

New study shows chocolate can help to boost metabolism and burn calories

CELIA MILNE
wellness@metronews.ca

Chocolate just took one step closer to being a vegetable. A recent study conducted in San Diego found that those who eat chocolate frequently are thinner than those who don't.

"Chocolate is rich in plant-based compounds that have antioxidant and other favourable metabolic effects. It is my favourite vegetable," lead author Dr. Beatrice Golomb told Metro.

Even though chocolate is full of calories, fat and sugar, it also seems to boost our metabolism and help us burn calories, surmised Golomb, who is an associate professor in the department of medicine at the University of California in San Diego.

The key seems to be to

Quote

"Chocolate is rich in plant-based compounds that have antioxidant and other favourable metabolic effects. It is my favourite vegetable."

Dr. Beatrice Golomb
Talking about the benefits of chocolate

eat modest amounts regularly. In the study, 1,017 men and women were asked how many times a week they consumed chocolate.

Those who ate chocolate more often had a lower BMI than those who ate it less frequently. Researchers made sure, when assessing the data, that this wasn't because chocolate eaters ate fewer calories or exercised more. Indeed, the differences in BMI could only be explained by chocolate.

In previous studies, chocolate has demonstrated benefits to insulin sensitivity, blood pressure and cholesterol levels. It is rich in phytonutrients, just as vegetables are.



Chocolate lovers will be happy to hear some of the new benefits the treat has. ISTOCK PHOTOS

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Tempura Udon (\$8.50). DAN CLAPSON



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In search of value and quick Japanese bites? Head to Sushi Ichiban

Sushi is always a reliably quick lunch.

Although, it's hard to find really, really great sushi during a quick in and out business lunch, sometimes, you just need that unagi fix, you know?

At Sushi Ichiban, I ordered the Tempura Udon for lunch (\$8.50).

The soup (udon) itself was fairly average and a little bit on the saltier side, but I appreciated the amount of tempura vegetables the restaurant served with the dish.

For under \$9, that is one heck of a deal.

One of my friends ordered Sushi Ichiban's lunch special for \$10.95.

It turned out to be a massive platter of teriyaki, ginger beef (not Japanese, I know...), rice, salad and soup.

What the heck? My large Sapporo beer cost more than his lunch.

In closing, Sushi Ichiban does not dish out some of the best quality cuisine in this city, but the value

Visiting the restaurant

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1. In a bowl, combine chicken with barbecue sauce and divide between 2 slices of bread.

2. In another bowl, whisk together mayonnaise, vinegar, sugar, salt and pepper. Toss with coleslaw.

3. Put the coleslaw on top of the chicken. Top with remaining bread slices to make sandwiches. Slice and serve immediately. **NEWS CANADA/DEMPSTER'S/ ADAPTED BY EMILY RICHARDS (VISIT, EMILYRICHARDSCOOK.CA)**

Ingredients

- 2 cups (500 mL) sliced leftover cooked chicken
- 1/4 cup (50 mL) barbecue sauce
- 4 slices white bread
- 1 tbsp (15 mL) low-fat mayonnaise
- 2 tsp (10 mL) cider vinegar
- 1/2 tsp (2 mL) granulated sugar
- 1/4 tsp (1 mL) salt, pepper
- 1 cup (250 mL) bagged coleslaw mix

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Examining The Mama's Boy Myth

Reading. Mother-son relationships get an in-depth look in new book

MEREDITH ENGEL
Metro New York

With so much attention given to the special bonds between mothers and daughters, fathers and daughters, and fathers and sons, where does that leave mothers and sons? Kate Stone Lombardi, author of *The Mama's Boy Myth: Why Keeping Our Sons Close Makes Them Stronger*, sought to find out.

"It's almost been like the elephant in the room," she says. "For some reason no one has looked at the mother-son subject. The world has changed so dramatically and yet we're still sort of stuck in this time bubble when it comes to moms and sons, this idea that them being close is somehow dangerous or wrong. We are long overdue to take a look at this relationship."

The author says that society has been quick to reject the



Moms who are close to their boys teach them how to put their words into feelings, according to author Kate Stone Lombardi. ISTOCK

idea of a close bond between mother and son because the son can be perceived as weak and the mother overbearing. And while she's not asking moms to raise boys who require a maternal nudge at every turn, she does hope to inspire them to take a more active role in their sons' lives. We wanted to learn more.

How did the idea of the mama's boy start?

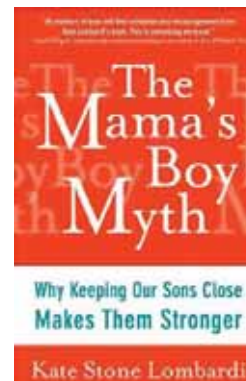
I think it goes back to the Oedipus complex. The Oedipus complex is a theory that Freud wrote in 1899 — basically, it's the unconscious desire for a little boy to sleep with his mom. Freud was really writing about the unconscious, and I think we misinterpreted what he was saying.

We turned it into the idea that normal, healthy mother-son affection and closeness is somehow wrong and danger-

ous. And that is just not true — being close to his mother benefits a boy, both when he is young and throughout his life.

Why are daddies' girls more revered in our society than mama's boys?

I think there's really a double standard. I think dads have a lot more freedom when it comes to their daughters. A dad (who) coaches his girl in lacrosse or even teaches her a



"masculine" skill like working on a car engine is still a cool dad.

For some reason it's not at all the same with moms. If a mom tries to influence her son, people start worrying that she's gonna feminize her boy. But no one worries that the dad is gonna turn his little girl into a boy by teaching her sports. One professor at Bates College studied parents of preschoolers. The parents were totally fine if the little girls (wore) sports jerseys and played with trucks and blocks, but the same did not extend for little boys. They were OK if

little boys played in the kitchen a bit, but that's it. There is a double standard.

How does society benefit from a boy who's close to his mom?

Moms who are close to their boys really teach them emotional intelligence. They teach them how to put their words into feelings. That is gonna serve a boy all through his life. One study showed (that with) guys who had a stronger connection to their moms, their wives and partners rated them as much better communicators.

Men who really like and respect their mothers like and respect other women.

Research has shown that boys who are forced to separate prematurely from their moms — I'm talking about little guys whose moms stop cuddling them because they think they need to toughen up — go on to have a hard time with women. And the reason is they've learned that the first woman that they've ever loved has pushed them away.

Guys who have good, secure attachments with their moms go on to have good relationships.

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YOUR MONEY
Alison Griffiths
money@metronews.ca

There's a very good reason why death and taxes often occupy the same sentence. Neither is appealing to contemplate. While death can sometimes be delayed there's no avoiding the latter at this time of year.

As sure as April follows March every year, there is a stampede to file returns once Easter and Passover indulgences have been digested.

Alison's money rule

"Pay yourself first by double-checking all your tax deductions and credits."

Your friend in these last-minute situations is, in my opinion, the best tax book available for consumers: *Essential Tax Facts: Simple tips for preparing your taxes so you can build wealth* (2012 edition), by Evelyn Jacks, tax expert and founder of the Knowledge Bureau in Winnipeg.

Jacks points out that taxpayers leave thousands, sometimes hundreds of thousands of dollars, on the table over their lifetimes by paying too much tax.

It's tough these days to increase your income. But being vigilant about every penny sent to Ottawa and your provincial government is something everyone can do.

Here are some of the changes Jacks highlights for 2011.

1. Children's Arts Tax Credit Similar to the Fitness Tax Credit, parents can claim (or share the claim) for up to \$500 if the child is enrolled in a broad range of artistic, environmental or cultural activities.

2. Tuition Tax Credit – Examination fee This is claimable for examinations and pre-requi-



site study materials purchased in order to achieve a recognizable licence or professional status.

3. Study abroad

The study period has been reduced to three weeks from 13 for students in full-time programs at Canadian universities and colleges.

So if you are off to Italy to study Michelangelo's David for three weeks as part of your degree, you can claim the tuition and education amount and withdraw Education Assistance Payments from an RESP.

Spend time with your taxes

Just how careful are you?

- **It pays to be careful.** On the TV show *Million Dollar Neighbourhood*, a review by H&R Block found that nearly a third of tax filers made at least one error on their return.

4. Sharing an RESP with a sibling Transferring from one RESP to another will not trigger repayment of the government Canada Education Savings Grant as long as the sibling receiving the funds is under 21.

5. Money from babes

The Canada Child Tax Benefit, Universal Child Care Benefit and GST credit can now be split 50/50 between parents (for payments received after June 2011), assuming they live with the child.

One of Jacks' top tax tips is a recommendation that couples (married or common-law) file taxes jointly to maximize credits and deductions including medical expenses and amounts for public transit, children's fitness and arts and the new home buyer's credit.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

Save money

Top five tax savings tips



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesleyscorgie on Twitter

Forget tax evasion; that's illegal. There are legitimate ways to cut your tax bill.

Registered retirement savings plan The RRSP is the most popu-

lar tool to reduce taxes for Canadians.

Individuals can contribute up to 18 per cent of their income through RRSP contributions, to a maximum of around \$23,000 per year (indexed). RRSP contributions are fully tax deductible and they grow tax-deferred until withdrawal.

The more you contribute to your RRSP, the greater tax deduction you receive. If you don't use up your available contribution

room, it carries forward into future years.

Tax-free savings account

A TFSA allows you to grow your money tax-free. So, when you withdraw the funds, which you can do without penalty at any time, you don't pay tax on capital gains, dividends, trust distributions, or interest earned.

On the flip side of this, capital losses within the plan are not tax deductible and dividends aren't

eligible for the dividend tax credit. You can contribute up to \$5,000 annually (indexed). Unused TFSA contribution room can be carried forward.

Non-registered investment plan

Investing outside the RRSP or TFSA, in a non-registered investment plan, is less popular; though you can still reduce taxes through the dividend tax credit and a favourable capital gains tax rate.

Dividends are paid to investors who hold certain stocks. Capital gains (and losses) are incurred when an investment is sold.

Charitable donations

Charitable giving is another effective tool to reduce taxes and support your community.

When you give money to a registered charity, you receive a tax receipt that goes toward a tax credit when you file your return. This will decrease the taxes

you pay.

Tax credits

There are many other tax credits available for Canadians including those for child care, transit, extended medical/health expenses, education and so on.

Check the Canada Revenue Agency website cra-arc.gc.ca (select information for individuals) to see which personal tax credits apply to you, rates and a list of registered charities.

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Curling

Howard rings off two more wins for Canada at worlds

Canada's Glenn Howard posted two more victories Monday to remain unbeaten at the world men's curling championship in Basel, Switzerland.

Howard beat Norway's Thomas Ulsrud 8-3 in the morning draw before defeating Jiri Snitil of the Czech Republic 9-3 in the evening. Canada was tied with Sweden for first place at 5-0 after eight draws of round-robin play.

"I sense the confidence is getting bigger and bigger," Howard said.

THE CANADIAN PRESS



Canada's Glenn Howard
GEORGIOS KEFALAS/THE ASSOCIATED PRESS

NCAA men's basketball

Daniel Sedin 'getting better' according to brother Henrik

Doron Lamb scored 22 points, and Kentucky won its eighth national championship, holding off Kansas for a 67-59 victory Monday night.

The Wildcats (38-2) led by as many as 18 points in the first half and were still up 15 with 5:13 to play. Kansas (32-7), a team which rallied from several big deficits this season, was able to get as close as 62-57 with 1:37 to play.

Kentucky's last title came in 1998.

THE ASSOCIATED PRESS



Members of the Calgary Flames look on as goalie Henrik Karlsson makes his way off the ice after letting in a goal in overtime Saturday against Vancouver.

JONATHAN HAYWARD/THE CANADIAN PRESS

'I wasn't good enough,' Iginla says

NHL. Flames captain takes responsibility for performance late in season as team misses playoffs for third straight season

Jarome Iginla took responsibility for not coming through in the clutch for the Calgary Flames.

With just one goal in Calgary's last nine games, Iginla admitted that he hasn't played well enough lately for the Flames, who failed to qualify for the playoffs for the third straight season.

"I know that I wasn't good enough, especially down the stretch," said the team cap-

tain, who nonetheless leads the Flames in scoring with 32 goals and 34 assists through 80 games.

"I know a lot of us wanted to be better than we were. Playing here, playing in Canada and being out (of the playoffs) for three years, it's not going to be an easy off-season, but they haven't been for the last few years either.

After going 6-1-1 to start the month of March, the Flames floundered the rest of the way with a 1-4-4 record. Calgary's 3-2 overtime loss in Vancouver to the Canucks on Saturday officially crushed any hope the Flames had at qualifying for the post-season.

"We put ourselves in the position nine games ago to have a shot," Iginla said. "We've been through a lot as a team as

far as battling different things throughout the year. We had an opportunity and we didn't make the most of it. We only look at ourselves and know that we didn't get it done."

Fellow forward Olli Jokinen said every player on the Flames is disappointed with the team's up-and-down play.

"I don't think there's a single player here who's happy the way we played," said Jokinen, who's slated to become an unrestricted free agent at the end of the season.

"You can't be happy if you don't get in the playoffs. This is our job. We have to play for that logo in front of us. We have to show some pride. We still have two more games to go. We can't stop playing now. That's the biggest thing."

Calgary coach Brent Sutter

Playing for pride

With two home games remaining on their schedule — on Thursday against the Canucks and on Saturday versus the Anaheim Ducks — coach Brent Sutter said the Flames still have to play for self pride, the front of the jersey, Calgary's ownership group and for the fans.

also accepted blame for not being able to get the Flames into the playoffs.

"I feel totally responsible and I feel like I let a lot of people down," Sutter said. "You take the job on to get things done and to get it to where it needs to be. I feel totally responsible for that."

THE CANADIAN PRESS

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SPORTS

In brief

Flyers' Laviolette, Pens' Granato pay for scuffle

Flyers coach Peter Laviolette was fined \$10,000 Monday after calling out counterpart Dan Bylsma for sending out his checking line late in Philadelphia's 6-3 win at Pittsburgh on Sunday. Penguins assistant Tony Granato was fined \$2,500.

THE ASSOCIATED PRESS

On the web



Is the NFL about to go to the Ducks? Nike is set to unveil its new NFL uniforms Tuesday, with some speculating the company will take design cues from the NCAA's Oregon Ducks. Nike has designed five different helmets, seven jerseys and six pants for Oregon that have become known for their flamboyant colour combinations. Scan the code for the story.

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